

Fish Souffle

$\frac{1}{2}$ cup of cooked flaked fish
3 eggs
A shake of pepper
1 cup of No. 3 white sauce

Separate the yolks and the whites of the eggs. Beat the yolks until they are thick and lemon-coloured and add the beaten yolk to the cooled white sauce. Add the fish to the sauce and egg yolk and then fold the mixture into the stiffly beaten egg whites. Pour the souffle into an ungreased dish and then stand the dish in a pan of hot water and bake in a moderately slow oven at 350 degrees F. for 45 to 60 minutes.

Savoury

Sausage, Apple, and Onion Savoury

$1\frac{1}{2}$ lb. of sausage meat
 $\frac{1}{2}$ lb. of apples
 $\frac{1}{2}$ teaspoon of salt
A shake of pepper
 $\frac{3}{4}$ lb. of onions

Saute the finely chopped onions lightly. Peel and slice the apples. Partly cook the sausages in the oven to remove some of the fat. Place a layer of apples in a casserole, then a layer of sausage meat, and then a layer of onions and bake in a moderate oven for $\frac{1}{2}$ hour.

Baked Beans (with Tomato)

$\frac{3}{4}$ lb. of haricot beans
6oz. of fat bacon
 $\frac{3}{4}$ lb. of tomato juice or bottled tomatoes
Stock
A shake of pepper
1 teaspoon of salt

Soak the beans overnight. Place layers of beans, bacon, and seasoning alternately in a dish, cover with the stock or water, and cook in a moderate oven for 4 to 6 hours. Serve with thickened tomato juice.

Cheese Casserole

$\frac{1}{2}$ cup of diced salt pork or bacon
 $\frac{1}{2}$ cup of cooked diced potatoes
 $\frac{1}{2}$ cup of diced onion
 $\frac{1}{2}$ cup of boiled rice
 $\frac{1}{2}$ tablespoon of melted butter
1 cup of tomato juice
2 tablespoons of flour
1 teaspoon of salt
3 tablespoons of grated cheese

Cook the pork or bacon in a frying pan until it is a light brown. Add the potato and onion and fry until they are brown. Mix the flour to a thin paste with a little of the tomato juice, pour this into the remainder of the tomato juice, which has been heated, and stir until it boils and thickens. Add the cheese and pour over the vegetables. Turn the mixture into a greased baking dish and cover it with rice and butter. Place a lid on the dish and bake in a slow oven for 30 minutes.

Red Bunny and Cole Slaw

$2\frac{1}{2}$ cups of tomato puree
5oz. of cheese
1 cup of No. 4 white sauce
A shake of pepper
2 eggs
 $\frac{3}{4}$ lb. of cabbage
 $\frac{1}{4}$ cup of salad dressing

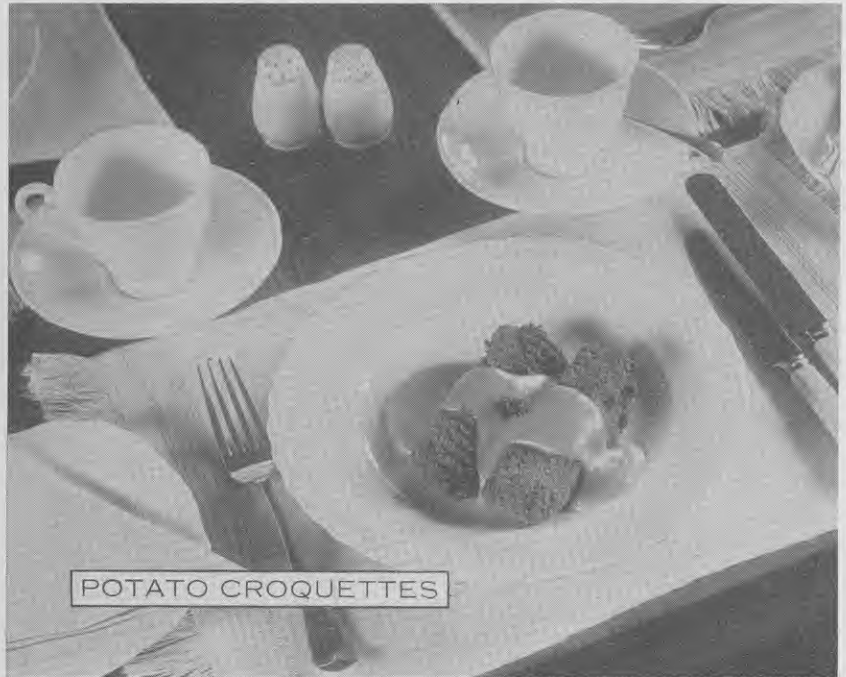
To the white sauce add the tomato puree, the beaten eggs, and the grated cheese. Cook the mixture in a pot over hot water, stirring it all the time until it thickens. Serve it hot on toast or crackers with cole slaw.

To prepare cole slaw wash the cabbage, slice it very finely, and mix it well with salad dressing.

Liver and Bacon Casserole (with Apples)

$1\frac{1}{2}$ lb. of liver
 $1\frac{1}{2}$ lb. of bacon
 $1\frac{1}{2}$ lb. of apples
 $\frac{1}{2}$ lb. of onions
 $\frac{1}{2}$ teaspoon of salt
A shake of pepper
 $\frac{3}{4}$ cup of water

HOT TEA DISHES FOR COLD DAYS



POTATO CROQUETTES

[Campbell Photography photo.]

Wipe the liver with a damp cloth or wash it if necessary. Drain, cut the liver into pieces, flour them lightly, and put them into a greased casserole. Cover the liver with a mixture of chopped apple and onion, add the salt and pepper, and top with the bacon cut into small pieces. Add the water to the dish, place the lid on the casserole, and bake it in the oven for $1\frac{1}{2}$ hours at 350 degrees F. To make the bacon crisp remove the lid of the casserole for the last 20 minutes of baking.

Sausage and Apple Casserole

2 cups of tomato puree
 $\frac{1}{2}$ teaspoon of prepared mustard
 $1\frac{1}{2}$ teaspoons of salt
4 cups of thinly sliced and partly boiled potatoes
6 apples
 $1\frac{1}{2}$ lb. of sausage meat

Pour the thick tomato puree into a casserole. Stir in the prepared mustard and the salt and then add the thinly sliced and partly cooked potato. Peel, core, and slice thinly large firm apples, place the apple slices on top of the potato already in the casserole, and then spread the sausage meat on top of the apple slices. Cover the dish and bake at 350 degrees F. for 40 minutes. Remove the lid and cook for a further 20 minutes until the sausage meat is crisp. If the sausage meat is inclined to be fatty, partially cook it first to remove the excess fat.

Bacon, Tomato, and Onion Pie

1 pint of bottled tomatoes
 $1\frac{1}{2}$ lb. of onions
3 or 4 rashers of bacon
 $\frac{1}{2}$ lb. of soft bread-crumbs
1 tablespoon of butter or dripping
1 teaspoon of salt

Partially fry the bacon. Grease a pie dish and fill it with alternate layers of crumbs, partially cooked sliced onions, tomato, and bacon, and finish with a layer of buttered crumbs. Bake

the pie in a hot oven until it is heated through and the top is brown.

Eggs Tetrassini

3 eggs
3oz. of spaghetti
4oz. of chopped onion
1 cup of tomato sauce

Slightly fry the chopped onions. Cook the spaghetti in boiling salted water. Hard boil the eggs and cut them into thirds. Add the tomato sauce, onions, and eggs to the spaghetti and heat thoroughly in a double boiler.

Apple Hot Pot

$1\frac{1}{2}$ lb. of apples
 $1\frac{1}{2}$ lb. of potatoes
 $\frac{1}{2}$ lb. of onions
5oz. of cheese
1 teaspoon of salt
A shake of pepper
Water

Place layers of sliced onion, potato, and seasoning in a casserole and add sufficient water barely to cover the vegetables, and bake them in a moderate oven for $1\frac{1}{2}$ hours. Add the sliced apples and grated cheese to the dish and bake it for a further $\frac{1}{2}$ hour or longer until the apples are cooked.

Spaghetti Ring

2 tablespoons of chopped green pepper (can be omitted if not available)
2 tablespoons of chopped onion
2 tablespoons of butter
8oz. of cooked spaghetti
3 eggs
1 cup of tomato soup
1 teaspoon of Worcestershire sauce
1 teaspoon of salt
A shake of pepper
 $\frac{1}{2}$ lb. of grated cheese

Cook the green pepper and the onion in the butter. Add the cooked and strained spaghetti, the beaten eggs, the Worcestershire sauce, the tomato soup, the seasonings, and the cheese.

Pour the mixture into a greased ring mould and bake in the oven for 1 hour at 325 degrees F. Remove the spaghetti ring from the mould and fill the centre with hot cooked peas, beans, or some other vegetable or mixture of vegetables.